

## **Frequently Asked Questions**

### **What is the Aerobic Winter Challenge?**

The Aerobic Winter Challenge is a four-month team wellness incentive program that encourages regular physical activity and healthy eating during the cold winter months. The Aerobic Winter Challenge has been around for over 30 years!

### **How does this challenge work?**

Create a team of 5-10 people (co-workers, friends, neighbors, etc.), fill out your entry forms, choose a Team Leader, collect payment, fill out team receipt, and register. Cost is only \$10 per person. During the challenge, encourage each other to meet each other's personal goals. Complete at least one team activity (at least half of your team must be present to qualify) per month. Fill out your team monthly report and submit to the Coconino County Public Health Services District for your chance to win prizes.

### **What is considered a team activity?**

A team activity must consist of participants being physically active together. Examples include: bike riding, zumba, yoga, team walks/runs, attending AWC events, etc. **\*Team Activity only needs to be completed with HALF of the team in order to be eligible.** If you have an odd amount of team members, round up – team of 7, 4 must complete the team activity.

### **Why do some worksites only pay \$5?**

Northern Arizona University, Northern Arizona Healthcare, and NAPEBT provide a wellness subsidy for benefit eligible employees. These worksites cover half the cost of registration fees.

### **Where do I sign-up?**

Under "Join Here", you can find 3 different forms of entry. There is a paper form that you can print and fill out with a pen. There is a fillable form that you can type into and either print or save to your computer. There is also complete \*on-line registration and payment, just follow the link and you will be directed to the registration form. \*On-line registration must begin with Team Leader registering a team, team leader will then send a link to members for their own personal registration and payment.

### **If I register on-line, do I have to pay on-line too?**

Yes.

### **Half my team wants to register on-line and the others do not, is this possible?**

Yes, this is possible only if the Team Leader registers on-line. The others must submit payment and team receipt with entry forms all at the same time. *Team Leader's name **must** be on the team receipt.*

### **What forms of payment do you accept?**

If you are signing up via paper or fillable, we accept cash and check. If you are signing up on-line, we accept credit card only. We do not accept money orders or travelers checks. Please write checks to "CCPHSD – AWC".

### **Where do I send my completed forms?**

You can e-mail, fax, mail, or hand-deliver your forms and payment if you choose to do paper or fillable registration. Team leaders and worksite coordinators are to deliver all documents, preferably. On-line registration includes registration and payment.

**E-mail:** [tkerr@coconino.az.gov](mailto:tkerr@coconino.az.gov)

**Fax:** (928) 679-7206

**Mail & Hand-Deliver:**

**2625 N King St – Flagstaff, AZ 86004**

### **If I am sick, will I be penalized for not completing my physical activity? What about my team?**

No, indicate on the team monthly report that a team member is sick and was not able to complete their physical activity due to illness. He/she will be excused for that particular month. The team will not be penalized for monthly or grand prizes.

### **What kind of prizes do you offer?**

We offer monthly prizes in the form of \$10 gift cards to a variety of places. Some include: Subway, Target, Wildflower, Pita Jungle, Dara Thai, and more. At the end of the challenge, we offer \$25 gift cards to a variety of locations throughout Northern Arizona.

**I did not order a dri-fit performance t-shirt or cotton hoodie when I registered, can I still order one?**

Unfortunately not. T-shirts and hoodies must be ordered at the time of registration or before October 31<sup>st</sup>.

**When will t-shirts be delivered?**

We will try our very best to have the t-shirts out by Thanksgiving.

**I am having trouble filling in my “fillable” on-line entry form, what do I do?**

Click around on the page a couple of times and click on each “click to enter text” rather than hitting the tab button. If you are still having issues, please call Tiffany Kerr.

**I am unable to pick up my monthly prizes, what do I do?**

Worksite coordinators are responsible for picking up and signing for prizes associated with their worksite. Coconino County Team Leaders are responsible for picking up his/her team’s prizes. If you are unable to pick up prizes, you may send a replacement to pick up and sign for your prizes.

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